

# Endoscopic Ultrasonography (EUS) INSTRUCTIONS

Procedure date: \_\_\_\_\_

Procedure time: \_\_\_\_\_

Arrival time: \_\_\_\_\_



**3601 S 6th Avenue • Tucson, AZ 85723**

# Endoscopic Ultrasonography (EUS) INSTRUCTIONS

## Starting Five Days before Procedure:

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**STOP** taking iron (ferrous sulfate), vitamins, fiber supplements, fish oil, omega-3 pills, Excedrin and NSAIDS such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib, meloxicam and oral diclofenac.

**CONTINUE** taking any prescribed once-daily aspirin unless told to stop by a Gastroenterology provider.

**If you take blood thinners** such as:  
warfarin (Coumadin)  
clopidogrel (Plavix)  
dabigatran (Pradaxa)  
apixaban (Eliquis)  
rivaroxaban (Xarelto)  
prasugrel (Effient)  
ticagrelor (Brilinta)  
cilostazol (Pletal)  
edoxaban (Savaysa)...

You must speak to the provider who prescribes the medication for you. This may be your primary care doctor, anti-coagulation clinic or cardiologist. They will tell you the number of days to hold the blood thinner before your procedure.

## Diabetics

While on clear liquids monitor your blood sugar every 6 hours. If you take long acting insulin at night, please take ½ of the usual dose the night before the procedure.

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**DO NOT** take any insulin or diabetes medications on the day of the procedure. Call the provider who manages your diabetes if you have any related questions.

**Day of Procedure:** \_\_\_\_\_

**No solid food** after midnight.

Until **2 hours** before your arrival time you may have the following **clear liquids**:

- Clear bouillon or broth
- Tea or black coffee (sugar or powdered sweetener allowed),
- Water, Gatorade, Crystal Light, Kool-Aid, or soda (**NO RED or DARK PURPLE**)
- Apple juice, **white** grape juice and/or **white** cranberry juice
- Plain Jello or Popsicles (**NO RED or DARK PURPLE**)

**Do NOT take:**

- Milk products, cream or non-dairy creamer
- Alcohol
- Full liquids such as honey, orange juice, pineapple juice, lemonade with pulp or soup

**2 hours before your arrival time:**

**STOP** all clear liquids and take nothing by mouth (**NO** water, ice chips, pills, gum, or lozenges).

***If you take blood pressure, seizure and/or pain medication, take them as usual, but you must take them **before** you stop all clear liquids.***

**Note:** Female patients under the age of 55 will be required to provide a urine specimen upon arrival.

## Procedure

- You will receive anesthesia for the endoscopic ultrasound. You may need to have blood work or other tests completed prior to your procedure. If required, your provider or the GI nurse will let you know. Tests can be performed in Bldg. 80 outpatient testing or you may contact your CBOC to schedule these tests.
- **Bring a responsible adult** (over 18 years old) **to your appointment.** The responsible person must check in with the prep nurse before we can admit you. We will then ask them to wait on hospital grounds until you are ready to go home.
- **Please note:** If you arrive without a responsible adult, your procedure may need to be rescheduled. Please call your Patient Aligned Care Team (PACT) to discuss options in advance if you do not have someone to come with you.

## After your Procedure

- **Do not** drive, drink alcohol, make important decisions or operate machinery for 24 hours.
- **Rest** for the remainder of the day.
- You may feel a little bloating or have a sore throat for the first two days.
- Your doctor will give you diet instructions after your procedure.
- If tissue is removed, a letter with biopsy results will be mailed within **2 weeks**.

## What is Endoscopic Ultrasonography (EUS)?

Through endoscopic ultrasonography (EUS) your doctor is able to look at the internal layers of your esophagus, stomach and the walls of your upper or lower gastrointestinal tract. After you receive anesthesia your doctor will pass the ultrasound endoscope through your mouth, esophagus and stomach into the duodenum. For rectal lesions, a bowel preparation is administered to cleanse the bowels and the endoscope is inserted into the rectum.

In being able to see an ultrasound image of the structures beyond the walls of the esophagus, stomach and small intestine, the doctor is able to pass a small needle through the scope to take small samples of pancreatic tumors, lymph nodes and other types of abnormalities. The EUS can be useful in staging tumors and provides valuable information for you and your doctor to develop the best treatment plan.

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Please report to:  
Special Procedures Unit  
Gastroenterology Department  
Building 50, 3rd Floor,  
3601 S. 6th Avenue  
Tucson, Arizona 85723

For questions or additional information  
please call: 520-629-4747.

Or, visit our web site: [www.Tucson.VA.gov](http://www.Tucson.VA.gov)  
(Under "Resources"  
select "Gastroenterology Services.")

If you need to cancel your appointment  
for any reason, please call 520-629-4747  
as soon as possible. This allows for other  
Veterans in need of services to fill your  
vacancy.

*Thank you for your service!*

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